

# Marine Interdiction Agent

## Pre-employment Physical Fitness Test (PFT) Fact Sheet

**What is the PFT?** The PFT is a battery of physical fitness tests developed and validated especially for the U.S. Customs and Border Protection (CBP) Marine Interdiction Agent (MIA) position. All candidates being considered for employment to the position are required to take and pass the test battery in order to continue with the hiring process.



**What fitness tests are included in the PFT battery?** The MIA PFT is divided into two parts and will be administered in the following order:

### Part One

- **Push-Up Test** – It is a timed test that requires you to complete a minimum of 12 proper form push-ups in 60 seconds.
- **Side Step Test** – It is a timed test that requires you to complete a minimum of 9 line crosses/touches in 10 seconds (2 trials given).
- **Sit Up Test** – It is a timed test that requires you to complete 20 proper form sit ups in 60 seconds.

### Part Two

- **Step Test** – it is a timed test that requires you to step up and down on a 12-inch high platform at a rate of 120 steps per minute for 5 minutes.

**How will the PFT be scored?** Each part of the PFT is scored separately. You must successfully complete and pass both parts.

- You must earn a cumulative score of at least 27 points (with no zeros) to successfully pass Part One, and
- Complete the Step Test requirement for Part Two.

Note: The scoring table for Part One is found at:

[http://cbp.gov/xp/cgov/careers/customs\\_careers/air\\_marine/](http://cbp.gov/xp/cgov/careers/customs_careers/air_marine/)

**When do I take the PFT?** The PFT will be scheduled after you are given and accept the conditional offer of employment.

**Will I have to undergo medical screening prior to the PFT?** Yes, a medical screening will be conducted during pre-employment physical exam paid for by CBP. The screening will include:

- Heart Rate =  $\leq$  100 beats per minute
- Blood Pressure =  $\leq$  140/90
- EKG

If your medical screening indicates that you cannot take the PFT, you will be referred to the Minneapolis Hiring Center (MHC) for instructions regarding further follow-up.

**Where will I take the PFT?** It is conducted at a local CBP-contracted facility. Please note that travel to the facility is at your own expense.

**What if I have a medical or physical condition that may affect completion of the PFT?** Bring any pertinent medical documentation from your treating physician.

**How will I know if I passed the PFT?** The MHC will contact you regarding your PFT results. The Test Administrator and/or contract personnel are not authorized to discuss the PFT results with you.



**What do I need to do on the day of my scheduled PFT?** ***Avoid smoking and drinking beverages containing caffeine on the day of your scheduled PFT.*** Caffeinated beverages can raise your blood pressure and heart rate, which may affect your ability to pass the medical screening and take the PFT. Bring a towel and bottled water as these items will not be furnished at the testing site.



You must also bring a government-issued photo identification, such as a state issued driver's license or a passport.

**What should I wear on the day of testing?** When you arrive, you should be dressed in clothing suitable for fitness testing (e.g., gym shorts/sweatpants and T-shirt; athletic shoes; sweat socks; and any athletic support garments worn while working out, such as a knee brace).



**How can I prepare for the PFT?** To prepare for the test battery, you should participate in regular fitness activity. Additionally, you are encouraged to practice the actual test battery on a gradual and progressive basis until you are able to complete the test battery as required. To see the instructions for the test battery and find other fitness test related information to help you, please visit

[http://cbp.gov/xp/cgov/careers/customs\\_careers/air\\_marine/](http://cbp.gov/xp/cgov/careers/customs_careers/air_marine/)

**What will happen if I am unable to pass a test?** If you are unable to successfully perform and pass all tests in the PFT battery, your conditional offer of employment will be withdrawn. However, if you are still interested in the MIA position and meet the age requirement you may reapply under a future vacancy announcement. (Note: there is no age restriction if you are eligible for Veterans' Preference.)

